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[I am Navy Medicine: Hospital Corpsman 1st Class Sarah Pacquette](#)

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By Hospital Corpsman 1st Class Sarah Pacquette, Walter Reed National Military Medical Center



As a behavioral health technician, I ensure our combat ready forces team is not only physically ready, but mentally equipped for the rigorous challenges of serving in the Navy and Marine Corps.

I have served in the Navy for 15 years, and proudly wear my Fleet Marine Force qualification pin on my uniform that signifies I'm qualified to serve with the United States Marine Corps.

I've always had enormous respect for my grandfather, who served as a yeoman in the Navy. Growing up, I relished hearing him tell his 'sea stories' which made the Navy sound so great, and something I wanted to be a part of.

Once I chose to follow in his footsteps and join the Navy, I knew I wanted a career that helped others. I always had a drive to do well and ease suffering in the world, so I chose to be a hospital corpsman.

After serving as a corpsman for five years, I became interested in the field of psychiatry and decided to become a psychiatry technician. After putting in a lot of hard work, I graduated from Psychiatry Technician "C" School in Portsmouth, Virginia.

I'm currently assigned to Walter Reed National Military Medical Center (WRNMMC) as a behavioral health technician. My current duties involve supporting active duty, reservists, retirees and their dependents who may be suffering from mental health-related issues. The WRNMMC behavioral health team not only provides basic medical treatment in the field and on ships, but we also specialize in the mental health treatment for such diagnoses as depression, anxiety, post-traumatic stress disorder (PTSD), etc.

As a behavioral health technician, I ensure our combat ready forces team is not only physically ready, but mentally equipped for the rigorous challenges of serving in the Navy and Marine Corps.

My experience with Navy Medicine has been a never-ending adventure that has not only promoted my growth as a medical professional, but as a person.

I am Hospital Corpsman 1st Class Sarah Pacquette. I am Navy Medicine.